



Garlic, Oregano, and Lemon Vinaigrette

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



140 kcal

SIDE DISH

Ingredients

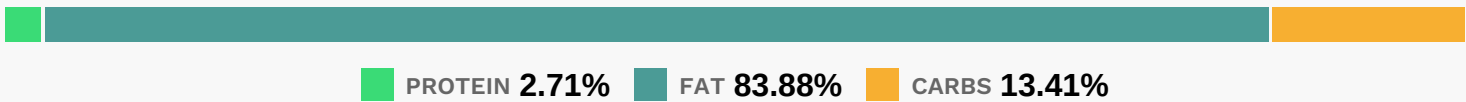
- ☐ 2 fillet anchovy packed in oil (drained)
- ☐ 2 garlic clove
- ☐ 4 servings kosher salt
- ☐ 0.5 optional: lemon (with peel) seeded finely chopped
- ☐ 4 servings juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup oregano fresh loosely packed ()
- ☐ 0.5 teaspoon pepper red crushed

Equipment

Directions

- ☐ Finely chop 2 garlic cloves, 2 anchovy fillets packed in oil (drained), 1/2 teaspoon crushed red pepper flakes, and a pinch of kosher salt in a mini-processor.
- ☐ Add 1/2 seeded, finely chopped lemon (with peel) and 1/4 cup (loosely packed) fresh oregano leaves; pulse a few times to coarsely chop.
- ☐ Add 1/4 cup extra-virgin olive oil; process until a coarse purée forms. Season with more salt and fresh lemon juice, if desired. DO AHEAD: Can be made 2 days ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.4, Inflammation Score:-10, Nutrition Score:5.1169566155776%

Flavonoids

Eriodictyol: 3.62mg, Eriodictyol: 3.62mg, Eriodictyol: 3.62mg, Eriodictyol: 3.62mg Hesperetin: 5.94mg, Hesperetin: 5.94mg, Hesperetin: 5.94mg, Hesperetin: 5.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 140.07kcal (7%), Fat: 13.84g (21.3%), Saturated Fat: 1.95g (12.21%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 3.17g (1.15%), Sugar: 0.87g (0.97%), Cholesterol: 1.2mg (0.4%), Sodium: 201.66mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.01%), Vitamin K: 27.07µg (25.78%), Vitamin E: 2.64mg (17.62%), Vitamin C: 13.5mg (16.36%), Manganese: 0.19mg (9.34%), Iron: 1.41mg (7.82%), Fiber: 1.82g (7.27%), Calcium: 59.06mg (5.91%), Vitamin B6: 0.08mg (3.79%), Folate: 11.89µg (2.97%), Magnesium: 11.65mg (2.91%), Vitamin A: 130.16IU (2.6%), Potassium: 90.61mg (2.59%), Vitamin B3: 0.49mg (2.43%), Copper: 0.04mg (1.89%), Vitamin B2: 0.03mg (1.76%), Selenium: 1.2µg (1.71%), Phosphorus: 14.32mg (1.43%), Vitamin B1: 0.02mg (1.27%), Zinc: 0.16mg (1.06%)